

# MY PERSONAL COVENANT

I dedicate my physical, mental, and emotional being to the expression of the real self within me—my God-self. I accept the positive mental energy of my God-self as a reality in my life. I agree to work with it daily in prayer and meditation and expression in word, thought, and deed. I give thanks for the perfect fulfillment of every desire as abundant supply, health of mind and body, assurance of the eternality of life, harmonious and fulfilling relationships, and perfect channels for the expression of my talents in rewarding and meaningful activities. Having done my part, I let go and let God choose the perfect channels that bring the highest good to me and all concerned, quickly and in peace.

Date \_\_\_\_\_

Signed \_\_\_\_\_

Prayerfully consider the covenant before you sign it. This is a commitment between you and God. God will always fulfill His part and you are agreeing to do your part. When you feel you agree with the covenant, sign it and begin your part by spending five minutes upon rising and five minutes before retiring in communion with God, and also at any other time during the day as you feel guided.

Use your creative imagination to see yourself radiating the attitudes of mind, body, and affairs that you desire.

Then, let God bring about the fulfillment of the promise given in the covenant.

**"I have POSITIVE MENTAL ENERGY working for me PHYSICALLY, MENTALLY, AND EMOTIONALLY."**